

Liverpool John Moores University

Title: COUNSELLING practice; developing expertise
 Status: Definitive
 Code: **7006COCPSY** (100440)
 Version Start Date: 01-08-2014

Owning School/Faculty: Nursing and Allied Health
 Teaching School/Faculty: Nursing and Allied Health

Team	Leader
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Academic Level: FHEQ7 **Credit Value:** 20.00 **Total Delivered Hours:** 80.00

Total Learning Hours: 200 **Private Study:** 120

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	14.000
Seminar	55.000
Tutorial	1.000
Workshop	10.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Full transcript of and 20 minute recorded extract from a live client session at the agreed level of competence or above, accompanied by a written critique of the submitted recorded extract (3500 words)	100.0	

Competency	Practice
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Aims

To achieve the effective synthesis of cognition, affect and behaviour required to practice as a person-centred counselor/psychotherapist.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate mastery of the 3 counsellor conditions at the agreed level of competence.
- 2 Critically reflect on the totality of the therapeutic relationship with an individual client, referencing the 6 necessary and sufficient conditions for personality change and the 7 stages of client process
- 3 Reflect on the impact of professional and contextual issues on a specific therapeutic relationship
- 4 Critically reflect on the impact of their own process and personal material on the interpersonal, relational encounter

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

written critique,	1	2	3	4
transcript				
Practice	1	2	3	4

Outline Syllabus

Developing person-centred counseling skills in practice

Meta-communication

Embodiment and the inter-relatedness of psychological and physical symptoms

Working with specific client issues, e.g.; trauma, loss and bereavement, depression, anxiety

Client assessment

Evaluating therapy

Conceptualising client issues

Professional practice: E.G. Contracting, Case load management, Managing endings with clients.

Prescribed medication and its effects, including impact on the therapeutic process

Learning Activities

Students will find their own placement within a statutory or voluntary sector organization at which they will see individual clients for weekly, one to one, face to face counseling sessions of 50-60 minutes duration. They will arrange and attend individual supervision meeting BACP and course requirements for trainee counselors. Students will inform themselves of all relevant protocols and procedures

relating to client work operant at their placement(s) and take individual responsibility for working within BACP Ethical Framework.

Students will engage with the work of the organization in offering adequately supervised counseling to clients. Students will bring to small Tutor facilitated learning groups audio recordings of their work with clients for discussion, formative feedback and evaluation. The tutor will identify learning needs through listening to recordings of actual client work and the ensuing discussion. Attention will be paid to the totality of the therapeutic relationship as well as the processes of communication and meta-communication.

Additionally students attend workshops focused on specific client issues and complex counseling skills

References

Course Material	Book
Author	Greenberg, L., Watson, J.C.
Publishing Year	2005
Title	Emotion Focused Treatment of Depression
Subtitle	
Edition	
Publisher	Guildford Press
ISBN	

Course Material	Book
Author	Purton, C.
Publishing Year	2004
Title	Person-Centred Therapy
Subtitle	The Focusing-Oriented Approach
Edition	
Publisher	Palgrave Macmillan
ISBN	

Course Material	Book
Author	Bor, R & Watts, M.
Publishing Year	2011
Title	The Trainee Handbook
Subtitle	A Guide for Counselling and Psychotherapy Trainees
Edition	4th
Publisher	Sage Publications
ISBN	

Course Material	Book
Author	Embleton Tudor, I., Keemar, K., Tudor, K., Valentine, J., and Worrall, M.
Publishing Year	2004
Title	The Person-Centred Approach

Subtitle	A Contemporary Introduction
Edition	
Publisher	Palgrave Macmillan
ISBN	

Course Material	Book
Author	Sommerbeck, L.
Publishing Year	2003
Title	The Client-Centred Therapist in Psychiatric Contexts
Subtitle	A Therapists Guide to the Psychiatric Landscape and its Inhabitants
Edition	
Publisher	PCCS Books
ISBN	

Course Material	Book
Author	Tudor, K. & Worrall, M. (eds)
Publishing Year	2007
Title	Freedom to Practise
Subtitle	Person-Centred Approaches to Supervision Vol 11
Edition	
Publisher	PCCS Books
ISBN	

Course Material	Book
Author	Baker, N.
Publishing Year	2008
Title	Experiential Counselling and Psychotherapy.
Subtitle	
Edition	
Publisher	PCCS Books
ISBN	

Course Material	Book
Author	Cooper, M., O'Hara, M., Schmid, P., & Wyatt, G. (eds.)
Publishing Year	2007
Title	The Handbook of Person-Centred Psychotherapy and Counselling.
Subtitle	
Edition	
Publisher	Palgrave Macmillan
ISBN	

Course Material	Book
Author	Timulak, L.
Publishing Year	2010
Title	Developing Your Counselling and Psychotherapy Skills

	and Practice
Subtitle	
Edition	
Publisher	Sage Publications
ISBN	

Course Material	Book
Author	Worsley, R.
Publishing Year	2009
Title	Process work in person centred therapy: phenomenological and existential perspectives.
Subtitle	
Edition	2nd
Publisher	Palgrave Macmillan
ISBN	

Course Material	Book
Author	Tudor,I., Keemar,K., Tudor,K., Valentine,J. and Worrall,M.
Publishing Year	2004
Title	The person centred approach
Subtitle	A contemporary introduction
Edition	
Publisher	Palgrave Macmillan
ISBN	

Course Material	Book
Author	Tolan, J., & Wilkins, P.
Publishing Year	2012
Title	Client Issues in Counselling and Psychotherapy
Subtitle	
Edition	
Publisher	Sage Publications
ISBN	

Notes

This module is the main forum for the synthesis and application of learning undertaken in professional practice and in other modules. Ongoing formative assessment will be provided by peers and tutors, as students are expected to bring tapes of their client work to the group sessions. Additionally students have the opportunity to submit a process report for structured formative feedback in a tutorial.

This module cannot be successfully completed without the submission of a completed practice portfolio.

Students are also required to provide the following factual evidence from their work placement and supervisor for verification by JMU staff. This part of the assessment

is marked as pass/fail. The evidence should be presented in a portfolio which will additionally be peer assessed and needs to include:

A complete log of contracted client hours, demonstrating a minimum of 100 client contact hours. This should include the range of clients seen by the student (i.e. age, ethnicity, gender, client group, etc), and the setting (Voluntary sector, Education sector, NHS, etc), and whether the ending was planned or unplanned.

A completed summary of the practice log

A complete supervision log

Provide a signed copy of supervision and placement contract(s) including the supervisor details forms for each supervisor

Provide a signed copy of the formative (50 hours practice) and summative (end of placement) supervisor's report on the agreed pro forma together with any additional supervision reports

A signed self statement confirming that they have attended and engaged with a minimum of 12 personal therapy sessions

A completed peer assessed portfolio checklist form